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POP BRAT GOT TOO HANDSY WITH A BUNNY. PAGE 16

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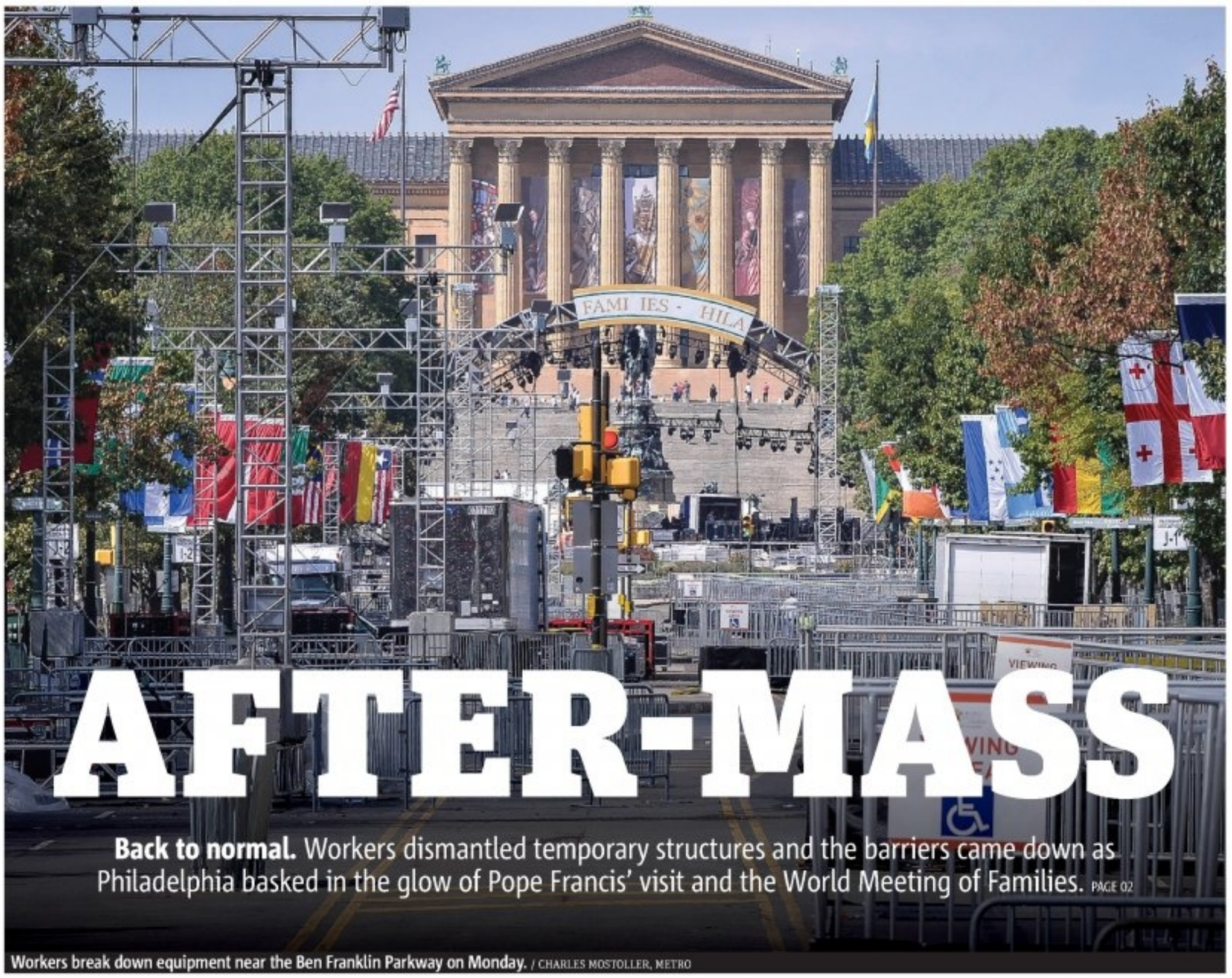

AFTER-MASS

Back to normal. Workers dismantled temporary structures and the barriers came down as Philadelphia basked in the glow of Pope Francis' visit and the World Meeting of Families. PAGE 02

Workers break down equipment near the Ben Franklin Parkway on Monday. / CHARLES MOSTOLLER, METRO

Apple has banner crop with new iPhones

PAGE 08

How to have fun in the kitchen with kids

PAGE 24

Are Eagles talented enough to win East?

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Philly shone on the big stage, says the mayor

Day after. Nutter declares the papal visit a success, talks economic impact, crowd size and unique perspectives on the historic event.

The pope speaks. / HUGHE DILLON

The chairs were being folded up. The stage, assembled for a mega Mass on the Ben Franklin Parkway, was being disassembled.

On Monday, life was returning to normal in Philadelphia.

The World Meeting of Families and Pope Francis have come and gone and along with it — officials hope — the fences, traffic barriers, transit schedule changes and security infrastructure set up for the event.

"We expect it to be gone by the end of the day," said Mayor Michael Nutter at a Monday morning press conference at which he and other officials declared the visit a success, shared personal stories about their experience with the pontiff and disputed concerns that security precautions scared some people away.

Crowd estimates

While there was no official crowd estimate, unofficial counts said that about 860,000 people attended the Mass with Pope Francis on the Ben Franklin Parkway.

If accurate, attendance was well short of the 1.5 million planners said could show up for the event.

But Nutter said the event should be measured by more than the size of the crowd.

"If you were a pilgrim, you were probably pretty happy," Nutter said.

Quoted

"If you were a pilgrim, you were probably pretty happy."

Nutter

Was security worth it?

The months leading up to the papal visit were fraught with a frothy public debate over the size of the security precautions and the huge impact the closures of interstates, streets, train stations and businesses near the papal Mass would have on daily life. In the end, the papal visit ended up being the largest National Special Security Event the U.S. Secret Service had ever handled — and there have been 51 of them, including Super Bowls and national political conventions.

Nutter said it was all worth it.

"The issue is, if we want to be on the big stage … we have to get used to not only having big events, we have to be used to a certain level of inconvenience," Nutter said.

Economic impact

Bars and restaurants across the city saw business decline steeply — by as much as 90 percent — even in places well outside the security perimeter.

Nutter said the event was never billed as being a moneymaker for the city.

"I don't know the spending habits of pilgrims," Nutter said. "They had to eat somewhere. I don't know that they could have packed enough energy bars."

Unique perspective

The mayor, and World Meeting of Families Executive Director Donna Crilley Farrell likely had a unique view of the events of the papal visit.

Farrell said her car followed Pope Francis in the motorcade.

"I literally lost count of the number of babies that were brought to him and were blessed," Farrell said. "We would see the families, and to see the tears streaming across their face was so moving."

Nutter appeared to break into tears when recounting what he said was the most moving part of the papal Mass for him.

Somebody in the crowd gave up their seats so the mayor's mother could sit in the front row.

"She burst into tears," Nutter said. "To be able to give that sense of joy to anyone, but especially to be able to give it your mom … that was the most special moment."

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BILLY BECERRA, METRO

Pope stats

A by-the-numbers look at the statistics behind the huge planning effort for Pope Francis' appearance on the Ben Franklin Parkway.

10
10 medical stations helped 423 people.

250K
250,000 water bottles were donated

1.7K
1,700 law enforcement personnel were on hand.

591
Authorities towed 591. They thought they'd tow 1,500.

129
129 were transported to area hospitals.

5.3K
Bike share program: 2,800 rides on Friday, 4,900 rides on Saturday, 5,300 rides on Sunday.

69K
69,000 meals to law enforcement, and first responders.

90%
Hotel rooms had a 90 percent occupancy rate.

1K
More than 1000 EMTs were on hand to help.

300
300 pieces of heavy equipment

3
3 event related arrests: 1 DUI, 1 probation, 1 tried to sneak drugs into the Mass

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–Pope Francis

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SEPTA buses wait to receive passengers. / MATTHEW LEISTER, METRO

We were awesome during pope visit: SEPTA

Rolling along. Transit agency says everything went pretty smoothly.

SEPTA is patting itself on the back for what it says was a successful papal visit.

"Service went extremely well on both days, with no issues or problems other than a few delays," SEPTA spokeswoman Jerri Williams said in a statement.

The transit agency said that after the papal mass, it moved 40,000 riders on the Broad Street Line from Center City to the sports complexes on Pattison Avenue where charter buses had parked. It did this in two and a half hours. The previous ridership record was set earlier this month, when 17,000 people took the subway after the conclusion of the Eagles home opener on Sept. 20. SEPTA ferried another 8,500 pilgrims on one of 32 buses used to move people out of Center City.

Throughout the run-up to the papal visit, planners stressed that the real test of the transit system would not be getting people into the city, but getting them out. That proved true. Pilgrims started arriving early in the day to see Pope Francis hold Mass at 4 p.m. but they all left at the same time.

The planning success comes during a time of transition for SEPTA. Its general manager, Joe Casey, retires Wednesday.

"SEPTA's very successful transportation plan is a perfect way for Joe Casey to end his tenure," Philadelphia Mayor Michael Nutter said Monday.

Lines at the 30th Street Station and Jefferson Station for regional rail riders were about one hour long — though on some lines people were able to get on trains within minutes.

One thing that may have shortened lines was out of SEPTA's control. Thousands of people who could not get through security checkpoints simply turned around and headed back to 30th Street before the conclusion of the papal mass.

SEPTA said 34,000 people used the train system on Sunday and that the crowds were cleared out by 8:30 p.m.

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Tacony Street

Teen pinned under forklift dies in joyriding accident

A 14-year-old boy has died in Northeast Philadelphia after being pinned under a forklift at a paper company.

Police said five teens broke into the Newman Paper Co. Sunday night to joyride on forklifts.

The victim was riding in one of the vehicles when he was hit by another forklift driven by a 13-year-old girl.

The crash tipped the forklift over, pinning the boy underneath and causing head trauma.

Police were called to the warehouse on the 6100 block of Tacony Street at approximately 9:30 p.m. The four teens guided police inside.

Police said a security guard checked the area at approximately 8:30 p.m. and found nothing amiss. The teens told police they sneaked in through a hole in the fence. DAN KELLEY

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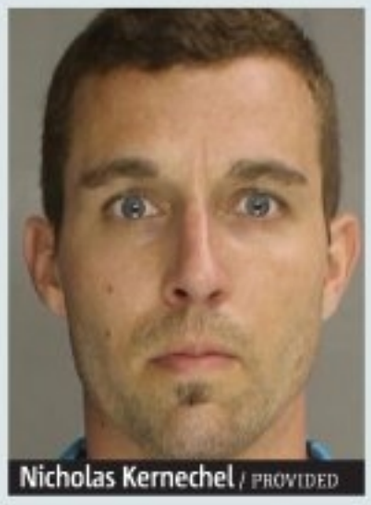
Aggravated assault

Montco man pulled teeth of autistic boy: DA

A Montgomery County man is accused of forcibly extracting teeth from a 4-year-old autistic boy, prosecutors said.

Nicholas Kernechel, 27, faces aggravated assault and related charges in what prosecutors have called a horrific case of child abuse.


Nicholas Kernechel / PROVIDED

Kernechel was babysitting the boy, who is the son of his girlfriend, when the abuse occurred.

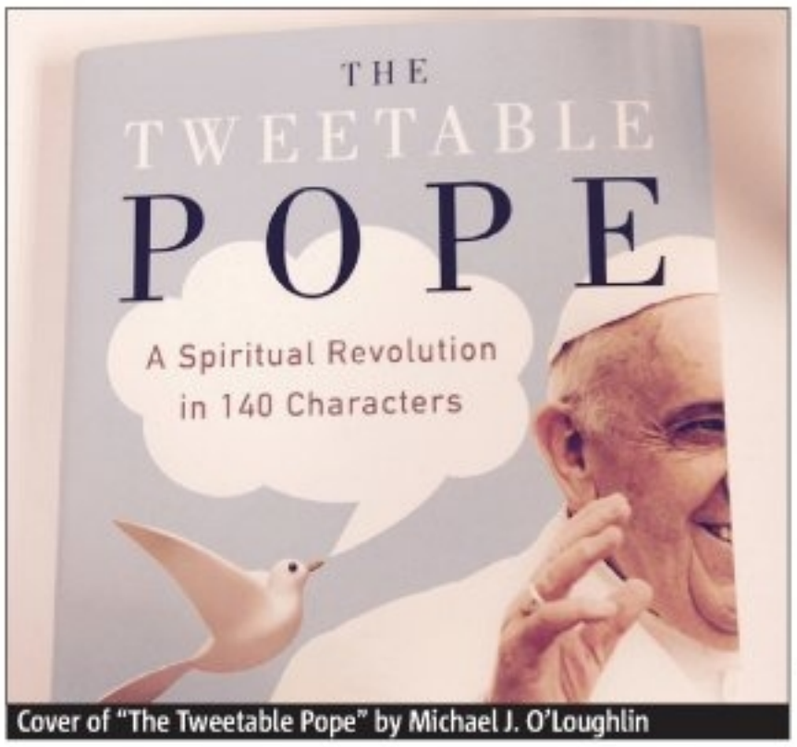
He sent him to bed, crying and bleeding, prosecutors said.

The victim's mother discovered the boy sleeping on the floor in a pool of dried blood when she went into his room in the morning.

She brought the boy to the Upper Perkiomen Police Department, along with a bag containing three of the teeth.

"The teeth were bloody but intact, from the tooth through the top of the root," authorities said in a statement.

DAN KELLEY



Cover of "The Tweetable Pope" by Michael J. O'Loughlin

Why Francis didn't tweet in Philly

Trending. The Vatican uses social media as a tool.

Pope Francis isn't the first pontiff to use Twitter; he's the second. But he's the first to use it well.

So says author Michael J. O'Loughlin, who wrote the book "The Tweetable Pope" on Francis' ability to get the word (or The Word?) out in 140 characters or less.

"Pope Francis has adopted it as a way to communicate his message," O'Loughlin said. "He's lent his name to a number of social media campaigns."

Social media exploded with the pope's visit to Philadelphia.

But he doesn't tweet while traveling — it's just too complicated, O'Loughlin said. He typically sends one tweet out as he arrives in a country, asking for prayers. Then tweets again as he leaves.

The Holy Father tweets in nine different languages to more than 20 million followers, O'Loughlin said. He selects his own topic, and then Vatican officials scan the pontiff's homilies for passages that conform to the theme.

O'Loughlin, who works for the Boston Globe's website devoted to Catholicism, the Crux, said that by some studies, Pope Francis is one of the most effective Twitter users in the world.

The Vatican has told O'Loughlin that some of Francis' most popular tweets can be seen by more than 20 million users.

Francis signs off on everything, but there are a couple of layers of bureaucracy involved in the pope's Twitter operation, which is housed in the Vatican's office of the Secretary of State.

"It's not just from a PR team," O'Loughlin said. "The fact they have it housed in the Secretary of State's office shows they take it seriously as a diplomatic tool."

And while the pope tends not to tweet while traveling, O'Loughlin said the Vatican closely monitors social media and takes that information into account when it tailors its message to a host country's sensibilities.

"The Vatican has noticed that in the U.S. and U.K., people are upset at the church sex abuse scandal," O'Loughlin said. In contrast, the faithful in Spain and Italy are much more concerned over the church's extravagance and opulence.

And so, while the action on social media surrounding the papal visit turned out to be the faithful talking among themselves, that doesn't mean there isn't an impact.

Just don't expect Pope Francis to respond to tweets.

He's never done it, O'Loughlin said.

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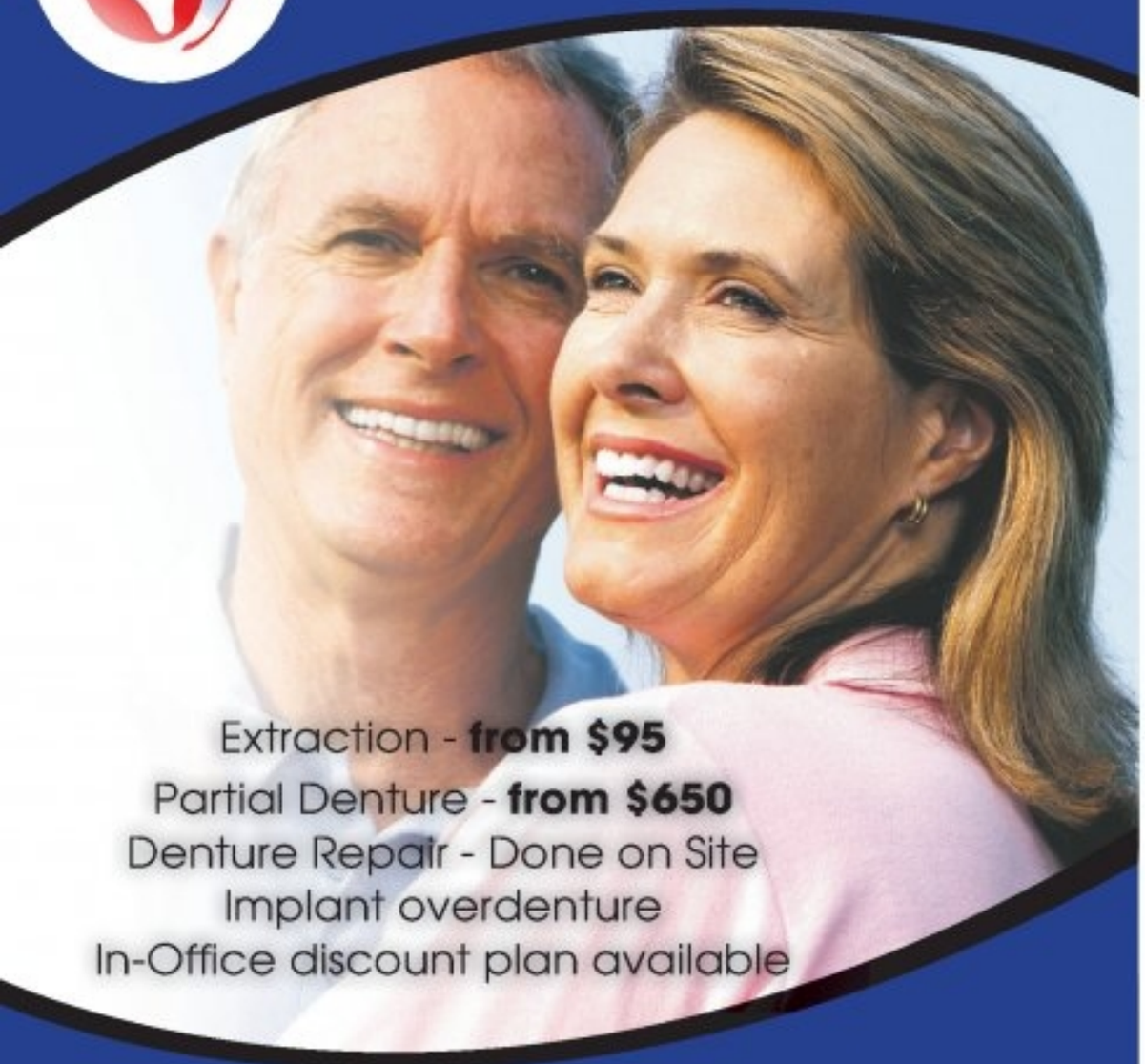

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Last one out, turn out the lights

Workers break down equipment near the Ben Franklin Parkway as they clean up from the weekend's papal Mass and World Meeting of Families in Philadelphia.
CHARLES MOSTOLLER

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Five things you need to know

1 NY woman gets seven years prison for helping inmates escape

A prison employee who helped two convicted murderers escape from a maximum security prison in upstate New York was sentenced on Monday to up to 7 years behind bars for providing the inmates with tools used in their daring breakout.

The judge rebuked Joyce Mitchell, 51, who worked as a supervisor at the tailor shop of Clinton Correctional Facility in Dannemora, for the terror experienced by the surrounding community during the nearly month-long manhunt for convicted murderers Richard Matt and David Sweat.

"You did terrible things," Judge Kevin Ryan told Mitchell as she stood shackled before him, her husband looking on from the courtroom's front row.

Mitchell, who accepted a deal with prosecutors in which she admitted smuggling hacksaw blades and a screwdriver bit for the June 6 escape, apologized for "the worst mistake I have ever made in my life." She had agreed to drive a getaway car as well, but at the last minute second thoughts stopped her from meeting the escapees.

The judge sentenced her to 2 1/3 to 7 years and a $5,000 fine for promoting prison contraband and a concurrent 1-year prison term and $1,000 fine for criminal facilitation. **REUTERS**

MITCHELL
GETTY IMAGES

2 Chicago-area district reopens school buildings after Legionella found

Three school buildings in suburban Chicago will reopen on Monday, days after annual testing of cooling towers found higher-than-normal levels of the bacteria that causes Legionnaires' disease, school officials said.

The buildings, which include a high school, middle school and alternative secondary programs, were closed and 3,000 students and about 350 staff members were moved to other locations on Wednesday "in an abundance of caution," the district said. **REUTERS**

3 Whole Foods to cut about 1,500 jobs

Upscale food market operator Whole Foods Market said it would cut about 1,500 jobs, or about 1.6 percent of its workforce, as it works to bring down costs.

The magnitude of the job cuts, which will happen over the next eight weeks, are unprecedented at Whole Foods and come as the company invests in technology upgrades and tries to shed its reputation for high prices.

The affected jobs will be both in stores and in regional operations, the company said in an email to Reuters. **REUTERS**

GETTY IMAGES

4 Apple reports record sales of iPhone 6s, 6s Plus in first weekend

Apple said on Monday it had sold more than 13 million iPhone 6s and 6s Pluses during their first weekend of availability in 12 markets, setting a record for its marquee product.

Although sales surpassed analysts' expectations of 12 million to 13 million units, shares of Apple fell more than 1 percent. This suggested investors remained skeptical that Apple can improve on the demand for the previous iPhone, which propelled the company to its most-profitable quarter ever, said IDC analyst John Jackson. **REUTERS**

5 Trump promises to tax US corporate profits held abroad

Donald Trump on Monday unveiled sweeping proposals to simplify the tax code, slash the corporate tax rate and impose a one-time levy on the overseas earnings of U.S. companies.

In a news conference at Trump Tower in Manhattan, he also vowed to eliminate deductions and loopholes for special interest groups if he becomes president.

"It's a tax reform that I think will make America strong and great again," Trump said, promising "major tax relief for middle income and most other Americans." **REUTERS**

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US, Russia clash over working with Assad

General Assembly. The disagreement raised questions about how Obama and Putin might find common ground.

Syrian President Bashar al-Assad / GETTY IMAGES

The United States said on Monday it was willing to work with Russia, as well as Iran, to try to end the Syrian civil war but the two big powers clashed over whether or not Syrian President Bashar al-Assad should be included.

Speaking at the annual United Nations General Assembly, President Barack Obama described Assad as a tyrant and as the chief culprit behind the four-year civil war in which at least 200,000 people have died and millions have been driven from their homes.

Russian President Vladimir Putin, in contrast, told the gathering of world leaders that there was no alternative to cooperating with Assad's military in an effort to defeat the Islamic State militant group, which has seized swathes of territory in Syria and neighboring Iraq.

"The United States is prepared to work with any nation, including Russia and Iran, to resolve the conflict," said Obama, who spoke before Putin. "But we must recognize that there cannot be, after so much bloodshed, so much carnage, a return to the pre-war status quo."

Obama did not explicitly call for Assad's ouster and he suggested there could be a "managed transition" away from his rule, the latest sign that despite U.S. animus toward the Syrian leader it was willing to see him stay for some period of time.

He dismissed the argument that authoritarianism was the only way to combat groups such as Islamic State, saying, "In accordance with this logic, we should support tyrants like Bashar al-Assad, who drops barrel bombs to massacre innocent children, because the alternative is surely worse."

Putin, in contrast, suggested there was no other option.

"We think it is an enormous mistake to refuse to cooperate with the Syrian government and its armed forces who are valiantly fighting terrorism face to face," Putin said during his speech before the U.N. General Assembly. REUTERS

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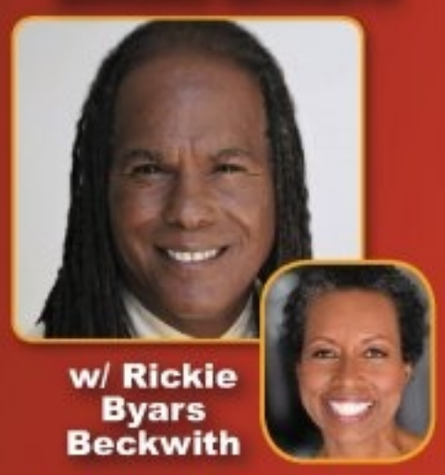

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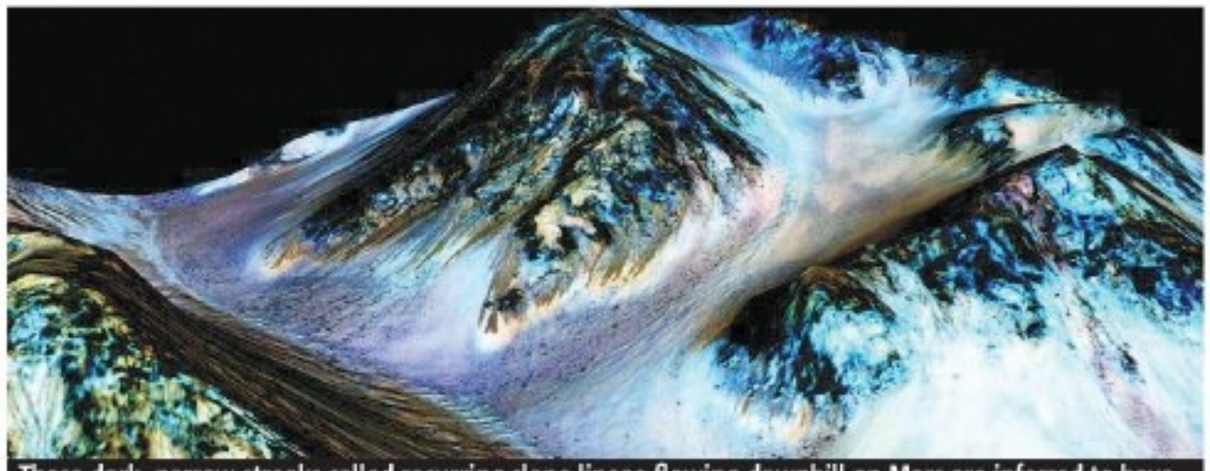
NASA scientists. Water flows on Mars, raising possibility that the red planet could support life



These dark, narrow streaks called recurring slope lineae flowing downhill on Mars are inferred to have been formed by contemporary flowing water. Recently, planetary scientists detected hydrated salts on these slopes at Hale crater, corroborating their original hypothesis that the streaks are indeed formed by liquid water. The blue color seen upslope of the dark streaks are thought not to be related to their formation, but instead are from the presence of the mineral pyroxene. / NASA / JPL / UNIVERSITY OF ARIZONA

Briny water flows during the summer months on Mars, raising the possibility that the planet long thought to be arid could support life today, scientists analyzing data from a NASA spacecraft said on Monday.

Although the source and the chemistry of the water is unknown, the discovery will change scientists' thinking about whether the planet that is most like Earth in the solar system hosts microbial life beneath its radiation-blasted crust.

"It suggests that it would be possible for life to be on Mars today," John Grunsfeld, NASA's associate administrator for science, told reporters, discussing the study published in the journal Nature Geoscience.

"If I were a microbe on Mars, I would probably not live near one of these [sites]. I would want to live further north or south, quite far under the surface and where there's more of a freshwater glacier. We only suspect those places exist and we have some scientific evidence that they do," Grunsfeld said.

Quoted

"Mars is not the dry, arid planet that we thought of in the past. Under certain circumstances, liquid water has been found on Mars."

Jim Green, NASA's director of planetary science

The discovery of the water flows was made when scientists developed a new technique to analyze chemical maps of the surface of Mars obtained by NASA's Mars Reconnaissance Orbiter spacecraft.

They found telltale fingerprints of salts that form only in the presence of water in narrow channels cut into cliff walls throughout the planet's equatorial region.

The slopes, first reported in 2011, appear during the warm summer months on Mars, then vanish when the temperatures drop. The chemical fingerprints of hydrated minerals did likewise, the new study showed.

Scientists suspected the streaks, known as recurring slope lineae, or RSL, were cut by flowing water, but previously had been unable to make the measurements.

"I thought there was no hope," Lujendra Ojha, a graduate student at Georgia Institute of Technology and lead author of the scientific paper, told Reuters.

Mars Reconnaissance Orbiter makes its measurements during the hottest part of the Martian day, so scientists believed any traces of water, or fingerprints from hydrated minerals, would have evaporated.

Also, the chemical-sensing instrument on the orbiting spacecraft cannot hone in on details as small as the narrow streaks, which typically are less than 16 feet wide. REUTERS

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FBI Director. Crime report to include more data on US police shootings

The FBI will report more data on shootings involving police officers in the future, the head of the agency said on Monday as he released a report showing violent crime fell in 2014, continuing a 20-year trend.

FBI Director Jim Comey announced the plan amid an ongoing debate in the United States about the appropriate use of force by police following a spate of incidents in which officers shot and killed civilians, including several black men.

"Once we receive this data, we will add a special publication that focuses on law enforcement's use of force in shooting incidents," Comey wrote in a message included in the FBI's annual report "Crime in the United States."

The report released on Monday showed the number of violent crimes in the U.S. declined slightly in 2014, continuing a 20-year trend, but some states, such as Florida and Montana, saw an uptick in violent offenses.

The estimated number of violent crimes in the U.S. in 2014 fell by 2,915, the report said, dropping about a quarter of a percentage point to 1,165,383 from 1,168,298.

Violent crime has dropped by 35 percent in the United States over the last two decades, from nearly 1.8 million in 1995 to under 1.2 million in 2014. **REUTERS**

St. Louis police arrest demonstrators protesting the killing of 18-year-old Michael Brown. / GETTY IMAGES

Quoted

"We hope this information ... will help to dispel misperceptions, foster accountability and promote transparency in how law enforcement personnel relate to the communities they serve." Comey

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Twitter feed

Today, Kevin Hart is bothering his colleague, Zoe Saldana is goofing off, Jaden Smith is a needy passenger and Louis Tomlinson is still up.

@KevinHart4real: That moment when me @icecube are doing press for "Ride Along 2" and someone's picture catches him giving me the "What the f— are you talking about Kev Face"

@zoesaldana: Being silly is underrated.

@officialjaden: If I Had A Nickel For Every Time I've Cried In The Back Of An Uber, I Would Have Another Pair Of Yeezy's.

@Louis_Tomlinson: Why am I awake !?

Playboy bunny backhands Bieber

Oh man, it's only Tuesday and I may already have my favorite story of the week. Playboy bunny Sarah Harris claims Justin Bieber was such a misbehaving little creep at a visit to the mansion this summer that he got kicked out. Bieber engaged in a bit of unwanted groping after giving Harris a hug and a peck on the cheek. "Then he grabbed my boob," Harris said in a recent radio interview. "And it was my instant reaction to just backhand him across the face." In her defense, that's my instant reaction to just seeing Bieber, so yeah.

FORGIVE ME?

ALL PHOTOS GETTY IMAGES

"He kind of freaked out and didn't even say anything, and then Kylie Jenner [gave me] the finger and then security took them both out," Harris explains, adding that a sheepish Bieber reappeared at the mansion three days later to apologize. "To be honest with you, now we actually get along OK." Sure. He was just testing boundaries, right? Kids do that.

THE WORD

Ned Ehrbar takes on the world of gossip.

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Gavin Rossdale not letting Gwen Stefani leave without a fight

Sure, the early talk of the Gwen Stefani-Gavin Rossdale breakup was that things were pretty much amicable and all, but apparently that's no longer the case now that there are lawyers involved. "Gavin is now demanding more than half of her fortune," a source tells Radar Online. "He has complained that while Gwen was launching her successful clothing line, continuing her music career and expanding her brand by appearing as a judge on 'The Voice,' he stayed home with their sons."

That's awfully modern of them, no? Anyway: "Gavin is even threatening to go to trial if he isn't given a chunk of Gwen's fortune. And he will ask for child and spousal support as well," the source adds. "Gwen is furious because at the outset of the divorce, Gavin said he wouldn't go after her money. She is just kicking herself for not getting a prenup." Yeah, that was a pretty major oversight there.

Morena Baccarin and Ben McKenzie planning to wed

Remember last week when we found out that "Gotham" co-stars Morena Baccarin and Ben McKenzie are expecting a baby while she's in the midst of a divorce? It turns out they're pushing ahead to solidify their new union. In court documents tied to her ugly divorce proceedings with husband Austin Chick, Baccarin lays out the details of her current situation in hopes of disproving Chick's assertion that she and McKenzie got together before their separation. "Today, I am in a new committed relationship. I am planning to remarry. Also, I am 3 and a half months pregnant," Baccarin's statement reads. I guess they had some awkward "what did you do over hiatus" conversations when "Gotham" went back into production, huh?

Well, that was fast.

The Beckhams are worth how much?

Maybe they're open to adopting? Because I'd be all for that.

He's one of the most famous athletes in the world — retired or not — and she's a former pop star and current fashion designer. So it's not surprising that David and Victoria Beckham are pulling in some tidy cash. But it turns out that thanks to the added incomes of their two eldest children — Brooklyn and Romeo, budding models both — the Beckham family is now worth more than the Queen of England, according to a report by the London School of Marketing that puts the Beckham brand at an estimated value of $771 million. And just imagine what they'll be worth when Cruz and Harper start pulling their weight.

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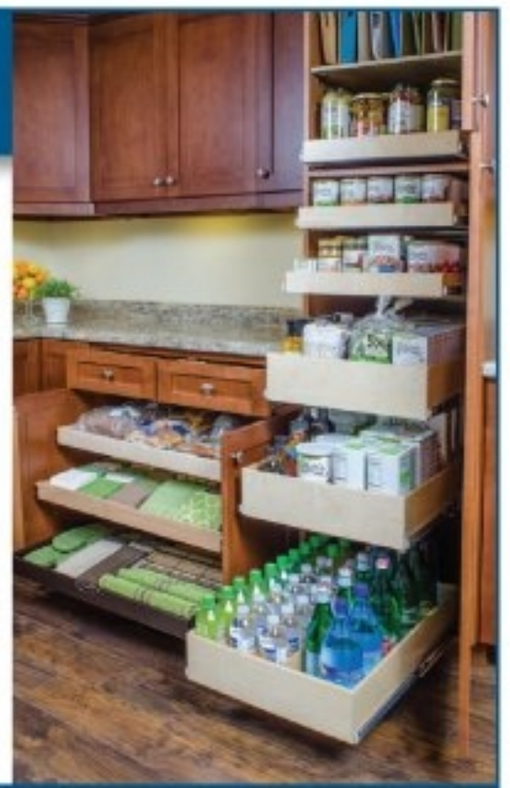

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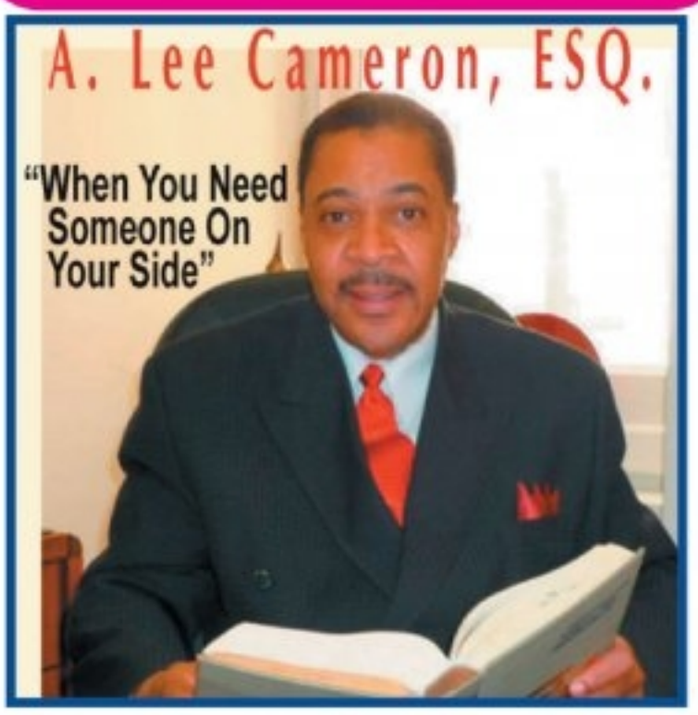

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Fred Savage grows up

Interview. The "Wonder Years" star heads back to TV in "The Grinder."

Catch "The Grinder" tonight at 8:30 p.m. on Fox. / RAY MICKSHAW, FOX

Fred Savage might be one of the more beloved former child stars out there. And though some shows generate plenty of behind-the-scenes gossip, Savage promises that his years as Kevin Arnold on "The Wonder Years" would generate no sordid tales.

"It would be a lot of scenes of actors learning their lines and going to bed on time and going to school and making sure you can do the show and prepare for your AP exams at school," explains Savage of any potential behind-the-scenes TV movie. "A lot of filling out of college applications."

He's set to return to TV in a regular acting role for the first time in a long time with "The Grinder," a comedy where he plays the brother to Rob Lowe. Lowe's character is a TV actor whose long-running lawyer procedural (the titular "Grinder") has just come to an end, and he decides that the best thing to do next is move home and help his little brother (Savage) out with his law practice. It might be odd to think of Savage as the non-Hollywood brother, considering he was a child star, but Savage says that's not really the case.

"I like to think of myself as not so Hollywood, and I think it helps being next to Rob Lowe because, compared to Rob, I'm not Hollywood at all," he says.

Savage's character, Stewart, is the straight man for much of the time. He can't believe people respond so well to Lowe's fake lawyer jumping into the courtroom, which may be unrealistic, but which Savage says is grounded in reality. "All of us at some point in our lives, and I know me for sure, feel like we're the only one who knows what's going on and can't believe everyone else is along for the ride," he says. "It's fun to exercise that muscle. Hopefully people see themselves in Stewart."

Though he's staying focused on "The Grinder" right now, Savage is aware of the current craze for reviving older properties, which he says he understands.

"We all have our favorite media moments. Shows that we're nostalgic for and love, shows that we loved and might be embarrassed to admit that we love, and the fact that now there are so many more outlets than ever to produce really excellent content, I think is terrific," he says.

LISA WEIDENFELD
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One more thing

Former co-stars

And if you're hoping to see his "Wonder Years" co-star, Savage says it's a possibility.

"Danica [McKellar] is so good at so many things, and being a comedic actress is one of the things she's better than just about everyone at," says Savage. "I don't think there's plans right now, but we'd be lucky to have someone like Danica on the show."

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The talented sister of a genius

Interview. In "Pawn Sacrifice," Lily Rabe is the sister of Bobby Fischer —who was no slouch either.

Lily Rabe plays Joan, the very accomplished sister of chess legend Bobby Fischer, in "Pawn Sacrifice." / BLEECKER STREET

Lily Rabe is no stranger to living with famous figures. She's the daughter of actress Jill Clayburgh and playwright David Rabe. Still, her experiences were nothing like what happens in "Pawn Sacrifice." In the new biopic, the actress of stage and screen — most notably on "American Horror Story" — plays Joan Targ, the sister of chess legend Bobby Fischer (Tobey Maguire). The film is about him, specifically his 1972 bout for the World Championship against Boris Spassky (Liev Schreiber), but occasionally Rabe's Joan swings by, trying her best to help her troubled brother.

Your character, Joan, was a pretty fascinating person in her own right.

I went into a very happy rabbit hole about Joan, even though it wasn't in the movie. She was such a compelling, fascinating woman. She knew seven languages, married a parapsychologist, her daughter became a parapsychologist. She became a nurse, she was a physician, and she taught at Stanford and held a program teaching computer literacy. And she was an organic farmer. She had this consciousness about things that people weren't incredibly aware of then. She was so ahead of the times and such a revolutionary gal. I'm just in awe of her.

Making movies and TV means there's a lot of downtime for actors. Playing chess is one way to spend it. What do you tend to do?

I read. I listen to podcasts. I had my moment with knitting, but that moment has passed. I find I want to read lighter things, because you're constantly getting interrupted. I normally would choose a different book to read than one I would choose at home.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Her big break

On 'American Horror Story'

I read you weren't a fan of horror before "American Horror Story."

I didn't not like it [but] those weren't the movies and books I ran towards as a kid. When "American Horror Story" came into my life, it was Ryan [Murphy] calling and saying, "I've written you this part." He showed me the pilot. I thought it was unlike anything I'd ever seen. And I wanted to play Nora. It really is about what the role is first. It's about if I want to spend time telling this person's story and wearing this person's clothes.

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This fictional book character is way more popular than you

Out today. "The Epic Adventures of Lydia Bennet" is the "Pride and Prejudice" meets "Keeping Up With the Kardashians" storyline you didn't know you needed.

The younger sister steals the spotlight in "The Epic Adventures of Lydia Bennet." / YOUTUBE

If you aren't one of the 60 million people who watched the "Secret Diary of Lizzie Bennet" series on YouTube, here's a quick rundown: The series, created by Bernie Su and Hank Green, is a modern take on "Pride and Prejudice" in which Elizabeth Bennet starts a vlog that turns her family into Internet superstars.

Now, Lydia, the 20-year-old younger sister, is getting her turn in the spotlight, with a new novel told from her perspective written by series writers Kate Rorick and Rachel Kiley. "When we finished the Web series, every storyline was pretty much wrapped up except for Lydia's," Rorick says.

"In the series, Lydia is portrayed from Lizzie's

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perspective, but the book is told from Lydia's perspective and told in her own voice so [readers] can see how she thinks and reacts to the world around her," Kiley adds.

A social presence

Though Lizzie was the main focus on the series, Rorick and Kiley saw early on that fans connected with Lydia, too. The fictional sisters had their own social media accounts — with more followers than most IRL people have — and fans reached out to Lydia.

"A lot of girls messaged Lydia saying she helped them see relationships in their lives differently or come to terms with certain things," Kiley says. "It's a fascinating response to a Web series we didn't necessarily expect, but it's really cool to see that sort of thing."

Dickens, with sexting

The Bennet sisters aren't the only characters from classic literature Rorick and Kiley think would kill it on social media today.

"All of the Dickens tales have such gossips," Rorick says. "Letter writing was an art back then. They would spend half their days writing letters. Elizabeth Barrett Browning would probably have a huge text affair."

Kiley is experimenting with classic literature in a new way: "My friend and I are talking about doing literary adaptations with cats. This may be a thing that happens in the future."

Kate Rorick, who wrote the book along with Rachel Kiley, has written for "Law & Order" and "Terra Nova." / PROVIDED

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Aries You will be bored if you don't keep moving. This is a great time to take care of unfinished business. You'll ease your mind.

Taurus Others may be tight-lipped about their plans, so make a point to investigate what is going on behind the scenes.

Gemini Indulge in entertaining and out-of-the-ordinary pursuits. Join a club, class or group where you can meet like-minded people.

Cancer Don't waste time trying to get others to do what you want. Make a step-by-step plan and stick to it in order to accomplish your goals.

Leo Things are on the move and a change in direction is evident. You will get positive feedback from an acquaintance regarding a recent project.

Virgo You are too trusting and will be easily fooled by someone pitching a get-rich-quick scheme. Promises will not be kept.

Libra You will come to a roadblock with a friend, lover or colleague. An honest in-depth conversation will help clear the air.

Scorpio Get out and enjoy yourself. Your exuberance will impress everyone you encounter. Friends and strangers will want to be by your side.

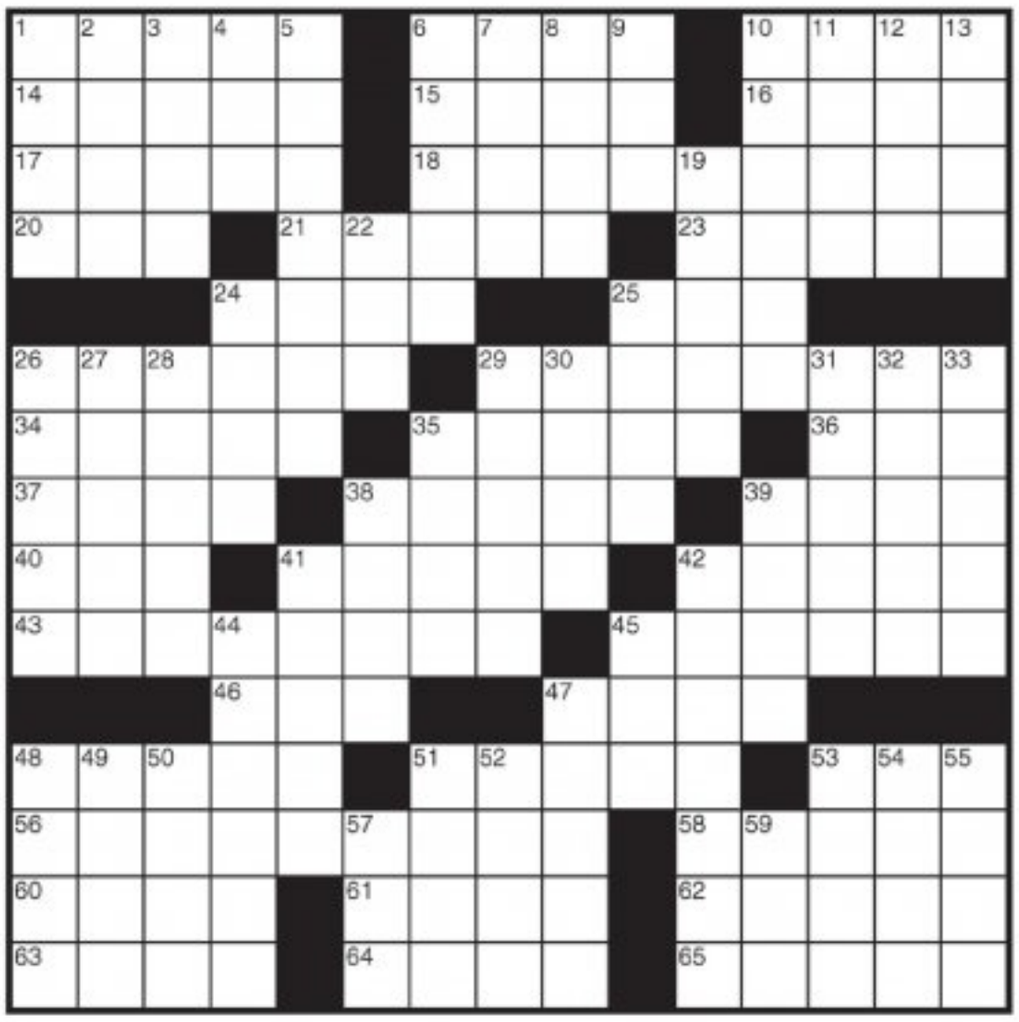
Sagittarius Fun and entertainment will be on your mind, but you will have regrets if you decide to overindulge or overspend.

Capricorn You have everything planned out, but things don't always run smoothly. Keep your emotions in check.

Aquarius You will shine at any group, recreational or professional events. This is a perfect time to present your ideas and share your thoughts.

Pisces Leave your problems at home. Personal or emotional matters must not interfere with your professional responsibilities. **EUGENIA LAST**

metro.us/crossword



Across

1 Domain
6 Snake eyes
10 Catherine — -Jones
14 Aluminum giant
15 Hindu attire
16 Matinee —
17 Kind of pool
18 Leisure (2 wds.)
20 Cul-de- —
21 Well-practiced
23 The ones here
24 — one's teeth
25 That yacht
26 Arctic canoes
29 Big-hearted
34 Where Pisa is
35 Vows venue
36 Do something
37 Stadium noise
38 Point of an antler
39 Ancient colonnade
40 Sierra Madre gold
41 High-IQ group
42 Blew a paycheck
43 Breaks the rules
45 Dairy machinery
46 MGM motto word
47 "The Ghost and Mrs. —"
48 Gravy no-no's
51 Pick up
53 Dernier —
56 OK in hot water
58 In a fog
60 "Chicago" actor
61 Natural impulse
62 Banal
63 Skippers' OKs
64 HI or AK, once
65 Pita treats

Down

1 Wharf denizens
2 Director — Kazan
3 "Moneytalks" group
4 Mauna —
5 Foolish talk (var.)
6 Portfolio item
7 Dogpatch creator
8 Q.E.D. part
9 Edmund Hillary's title
10 Dulcimer, e.g.
11 McClurg of sitcoms
12 Male cats
13 Helm position
19 Early anesthetic
22 Bad-mouth
24 Hoedown partners
25 Glitch
26 Bolshoi rival
27 Video-game pioneer
28 Google rival
29 Type of varnish
30 Lava spewer
31 Movie with a posse
32 Storrs sch.
33 Box-score info
35 "Rosamond" composer
38 Dogs and hamsters
39 Prod
41 Bog
42 Big bash
44 Slip-ups
45 Mongrel
47 Manufacturer
48 Links org.
49 Heavy hydrogen discoverer
50 Only
51 Entice
52 RR employee
53 Tyrant
54 Casino city
55 Fateful date
57 Dull routine
59 Even one

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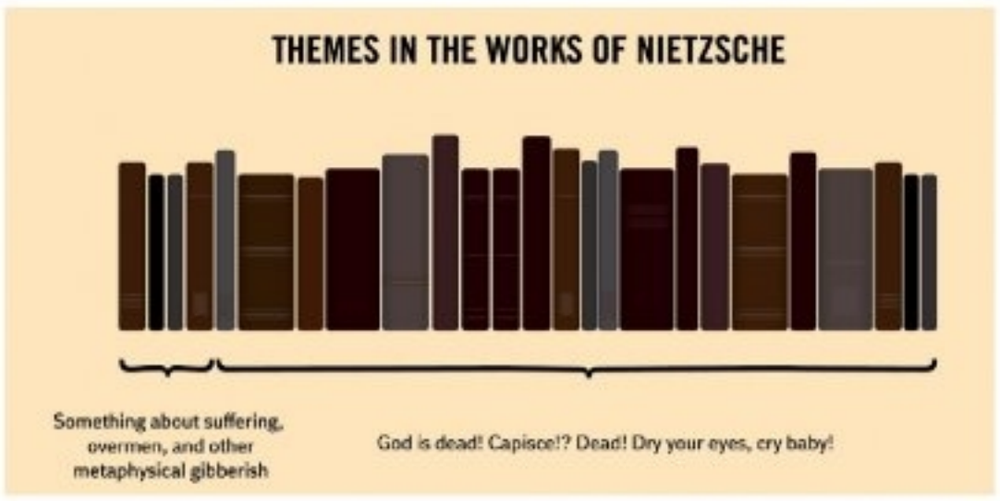
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easy

				5				
	3	1	2	7			8	
2		6				4		9
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		3	8	2				
7		2				1		4
	9			8	2	5	3	
				4				

hard

9		6		1				
2			8					1
	8		6			2		
		7		5		3		
5		8	2		3	4		7
		2		8		5		
		3			4		8	
1					8			2
				3		1		4

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MAKE HEALTHY YOUR NEW HAPPY

Little cooks in the big kitchen

Tamera Mowry-Housley shares her tips on getting kids interested in cooking.

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Modern families have precious little time to spend together, so it's time to rethink what a "family moment" can be — starting with the kitchen.

Making kids part of meal prep is not only a great bonding experience, but has lifelong benefits for their well-being. And they can start even earlier than you think — "The Real" talk-show host and former "Sister, Sister" sitcom star Tamera Mowry-Housley already has her son, Aden, lending a hand at the counter, and he's not even 3 years old! "As a parent, the No. 1 thing I want to instill is healthy eating," she says. "I've found that the more we cook together, the more curious he is about food."

Mowry-Housley was in New York to launch rice brand Uncle Ben's fourth annual Ben's Beginners Cooking Contest. Kids in kindergarten to eighth grade can submit short videos of themselves cooking a rice-based dish with their families for a chance to win $15,000 for a kitchen makeover, plus $30,000 for their school's cafeteria.

Whether it's doing the grocery shopping, prepping the ingredients or plating, there's a role for small hands of all ages. "You'll be surprised what kids are willing to try when they're part of the process," Mowry-Housley says.

We got her tips on the benefits of bringing little ones into the kitchen and how to make cooking fun.

Create a theme

"A great way to inspire playfulness and creativity is having fun theme nights," suggests Mowry-Housley. That goes for both the cook and sous chef: Kids will be more willing to try new foods to keep with the theme, while parents have some of the menu-planning pressure taken off them. And a theme doesn't have to be a certain country's food — try making everything on a plate the same color by adding turmeric as a natural food coloring, or only use ingredients that all begin with the same letter.

Play dress up

Kids already love to wear mom's shoes and dad's ties, so make the kitchen more appealing by creating an all-ages "costume" zone. Get a kid-size apron, a chef's hat and even kid-size utensils to make little ones feel even more part of the action. They may not get to help with everything, but looking like mom and dad will make them want to keep learning to get there.

Bring in the animals

As part of its contest, Uncle Ben's asked kids to draw their dream kitchen. Turns out, they all really want animals helping them out! Try making animals part of the decor. A cat clock, a fish-shaped cutting board and lion-shaped oven mitts instantly add an element of fantasy and make the kitchen more inviting to children.

Make veggies fun

"Kids are more likely to try different herbs and vegetables if they help prepare it," says Mowry-Housley. Want your kid to get into salads? Even the littlest hands can help with washing vegetables, tearing apart lettuce leaves for salads and pulling herbs like cilantro off the stalk, and even garnishing the plates with it. The best way, though, is to have them see you eating these foods: Mowry-Housley discovered that it's not just the food they're working with that Aden is interested in — she likes to eat grapes while she's cooking, so he now snacks on them, too.

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Take the mystery out of additives

"Ingredients" breaks down what's in your food, and why it's there.

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There's a lot of finger-pointing going on in the food world about the role of what we eat — specifically processed food — in modern problems from metabolic disease to depression. Steve Ettlinger doesn't take sides, but he'd appreciate it if there were a little less noise and a little more science.

"I think it's important not to freak out — as some bloggers have — that something in food also has an industrial use," he says. "It's important to turn down the chemophobia; and yet on the other hand, it's healthy to be fascinated by the fact that some of these things are made in chemical plants."

His new book, "Ingredients," out today, highlights 75 of the most common additives (there are thousands) with periodic table-like photographs by Dwight Eschliman to explain how they were invented, where they're made and what they do. Ettlinger describes the writing process as having to become the "determined ecological detective" of Michael Pollan's "The Omnivore's Dilemma" to tell the stories of these ingredients on a high school science level. "Just as there's a terroir for Beaujolais, I wanted to see if the same was true for polysorbate 80," he says.

What "Ingredients" doesn't do is take sides on whether an additive is healthy or not. "An observational perspective can help educate people without conclusions and emotions," explains Eschliman.

"Ingredients" looks at the origin stories and uses of 75 additives. REGAN ARTS

Without the baggage of hysteria, what's left is admiration for the ingenuity of additives — and surprise at how the "natural" and "artificial" worlds can blur. Many additives are derived from sources like kelp, while products once thought of as waste now have rock star status, like whey. Additives also evolve — partially hydrogenated vegetable oil no longer contains trans fats — while lab-made ingredients could be doing the heavy lifting that would be much more expensive, and possibly more harmful, than their natural alternatives, like artificial sweeteners versus sugar.

Though the book acknowledges that "everyone should know to eat mostly fruit, vegetables and whole grains," that doesn't justify knee-jerk "chemophobia" just because an ingredient sounds "chemical-y." Take, for example, dihydrogen monoxide. Sounds sinister, doesn't it? As "Ingredients" points out, it's in everything from paint to acid rain. It's even fatal in large enough doses, and inhaling it can kill you, too. Yet, none of us would be alive if it weren't for good old water.

If "Ingredients" has one call to action, it's this: Being an educated consumer is the healthiest choice you can make. Or, as Ettlinger puts it, "You can chill out a little bit if you know what's behind those names on the labels."

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Is vaping the answer to smoking?

GETTY IMAGES

We ask the experts if e-cigs are a solution, or if they're just creating new problems.

DMITRY BELYAEV
Dmitry.Belyaev@metro.us

E-cigarettes could be the key to finally ending tobacco smoking and all its related diseases. Or are they delaying the goal of a smoke-free world? The scientific community hasn't rolled out the red carpet to e-cigs just yet. We look at both sides, and talk to someone whose life has been totally transformed by vaping.

Pro: E-cigs are 'very much less harmful'

"An electronic alternative is a less harmful way of consuming nicotine than smoking," acknowledges Hazel Cheeseman, director of policy at Action on Smoking & Health, an anti-smoking organization.

"What many people don't realize is that while smokers are addicted to nicotine, it is the smoke that kills them. Consuming nicotine through vapor rather than smoke is very much less harmful."

Cutting back on regular tobacco cigarettes can only have positive health effects — currently, smoking is the No. 1 cause of preventable illness and death worldwide.

David Sweanor couldn't be more excited for e-cigarettes to make smoking obsolete. The professor of law who focuses on global health policy at the University of Ottawa sees the potential of e-cigs to save hundreds of millions of lives globally from premature death by cancer, heart disease, emphysema and other diseases caused by smoking.

"For people who can't or don't want to quit using nicotine, e-cigs offer a lot of what users like about smoking: the nicotine, the hit to the throat, taste and something to do with their hands," he says.

Con: Vaping is priming new smokers

Not everyone is buying the e-cig promise. Studies so far indicate that only a small number of regular smokers successfully wean themselves off from cigarettes using e-cigs, points out Jonathan Winickoff, chairman of the American Academy of Pediatrics Tobacco Consortium and a professor at Harvard Medical School.

For the rest, "using both cigarettes and vaping together might facilitate some continued tobacco use, rather than complete cessation that might have otherwise occurred," he says. That process even has the potential to work backwards, too: "Young people who vape may become addicted to nicotine and then go on to smoke regular tobacco."

A nationwide study last December found that more teenagers are vaping than smoking regular cigarettes; among 8th and 10th graders, e-cig use was double that of traditional smoking. According to the Centers for Disease Control, from 2012 to 2013 e-cig use by high schoolers rose 61 percent.

All of this is happening while the FDA's Center for Drug Evaluation and Research still has not approved a single e-cigarette as a safe and effective method to help smokers quit, according to the American Lung Association. Winickoff points out that vaping devices are still not as healthy as breathing clean air.

"[E-cigarettes] do in fact contain harmful chemicals — like formaldehyde, which is a known cause of cancer — as well as ultrafine particles that get deep into the lungs, only to worsen breathing problems."

A success story

For former smokers like Spike Babaian, there is no debate. She switched from regular cigarettes to e-cigs in early 2009 when a three-pack-a-day smoker she knew stopped completely with vaping.

"It was about three weeks before I went from two packs a day to nothing, and I immediately started to wean myself off of nicotine," she tells Metro. "I was down to no nicotine in about six weeks."

Though Babaian was nicotine-free for almost 18 months, she was "not a happy person" without it, so she found the lowest-dose e-cig that contained nicotine and continues to use that now.

The difference it made in her life led her to co-found the Long Island Vapers Club in New York, which advocates against e-cigarette regulations that Babaian says would "delay the evolution of the product. ... I spend every minute I can trying to keep e-cigs legal and available in every state and country."

PROVIDED

Phils made right choice picking speedy Herrera

MLB. In a season with few positives, the consistent hitting and speed of outfielder Odubel Herrera was a welcome boost.

Odubel Herrera has a respectable .288 batting average. / GETTY IMAGES

Before a pitch was thrown in a Grapefruit League game last March, an NL scout raved about Odubel Herrera. He said Herrera would be the Phillies leadoff hitter and left fielder. The 23-year-old Venezuelan, who never played outfield, became the Phillies starting center fielder and has hit leadoff at times. Not bad for a Rule 5 acquisition.

Give the scout credit for judging talent.

"I love Herrera," the scout said. "I can't believe Texas left him unprotected. A great job by Ruben [Amaro]."

Amaro is no longer the general manager but Herrera, who has been one of the silver linings in a stormy season, figures to be in the Phillies plans for years to come.

There were some pundits who wondered if Herrera, who skipped Triple-A, might have trouble sticking with the Phillies for the entire season. If Rule 5s fail to stay, they must be offered back to the franchise that exposed them.

However, that was no such issue for Herrera, who entered Saturday's game hitting .288 with eight homers and 40 RBI. El Torito (the little bull) has some pop and he works pitchers.

"I like what I see of him," Cubs manager Joe Maddon. "He has a lot of energy and he battles when he gets in the box. He also looks like he can flat out hit."

Herrera, who won a Texas League and a Venezuelan Winter League batting title, has impressed at the plate.

"I love to hit," Herrera said. "I love baseball."

"For him to be able to play center as well as he plays it with on-the-job training this season, at this level, is impressive," Maddon said. "He's certainly an athlete."

Herrera is versatile and his speed creates havoc on the base paths.

Herrera, however, is hitting a wall, which isn't surprising since he has over 500 plate appearances, which is much more than he's ever had in a season.

"For a long stretch he has played every inning of every game as well," Pete Mackanin said. "He has to be tired toward the end of a long season and that's just fine. It makes sense. This will help him prepare for next season."

It's just the beginning of a long run for the easy-going Herrera, who almost smiles as much as Jeff Francoeur.

"I love playing in Philly," Herrera said. "It's been great."

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3 SPORTS

Last stand

Phillies to host Mets, Marlins

Just six games remain for the Phillies and if the team wants to avoid 100 losses, they'll need to win four of the six. The Mets have already clinched the NL East and will likely be resting their starters and getting their rotation lined up when the series kicks off Tuesday at 7 p.m.

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NFL. Eagles' Sproles knows how to play at only one speed: fast

Darren Sproles has only one speed.

It's the same one that fueled the Eagles running back and return-man 89 yards for a touchdown on a punt return against the Jets Sunday.

And it's a speed that Chip Kelly can't help but enjoy (and sometimes worry about) in his undersized but underrated utility back.

"There's one speed with Darren," Kelly said of the 32-year-old, 11-year pro. "Every time he catches a punt in practice he scores a touchdown. And in a game, every time he gets good blocking, he's going to score a touchdown."

Sproles added a second six points to the Eagles' point total Sunday in a one-yard touchdown dart after Jordan Matthews just failed to break the plane on an inside pass from Sam Bradford. And his two touchdowns were certainly the difference in the 24-17 decision in New York in Week 3.

"I've never been around a guy who practices as consistently and as hard as Darren does every day," Kelly said. "In walkthroughs, we ask him to slow down and he doesn't. He goes full speed. If we have a walk-through punt he's going to sprint 60 yards from it and score a touchdown."

Kelly says the contagiousness of Sproles' work ethic is a great asset, but can also be dangerous. He recalls telling punter Donnie Jones to slow down in walkthroughs, as the punter was trying to chase down the speedster Sproles. Kelly was worried his punter would pull a hamstring.

"That's just the way he's built and the way he's wired," the coach continues. "What you see Sundays from Darren is what we see every day. It's an amazing thing to watch, I wish more players would emulate it." EVAN MACY

By the numbers

2

Darren Sproles' 89-yard punt return for a touchdown is the second-longest in team history (Demaris Johnson, 98 yards). He is also the only player in NFL history with 15-plus rushing touchdowns (18), 25-plus receiving TDs (27) and five-plus punt return TDs (6).

Darren Sproles' three punt-return touchdowns trail only DeSean Jackson (who has four) for the most in Eagles' history. / GETTY IMAGES

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MACNOW: EAGLES JUST GOOD ENOUGH TO STILL WIN DIVISION

Sam Bradford has thrown for three touchdowns, four interceptions and 678 yards through three games, good for a 72.5 quarterback rating. / GETTY IMAGES

Warning: The next 500 words will prove Mike Schmidt's adage of Philadelphia being the place where you can experience the thrill of victory and the agony of reading about it the next day.

First the thrill. The Eagles' nail-biter win over the Jets Sunday saved the season. They're a game behind the battered Cowboys, and someone will take the NFC East at 9-7. I saw enough positives to believe this team can squeak through an easy October schedule, find its stride in November and contend in December.

Now the, uh, less-glowing part. I spent Sunday afternoon wondering whatever happened to that genius of an offensive coach the Eagles hired, and why his chosen quarterback can't throw farther than your average 12-year-old flag football hotshot.

Chip Kelly's Eagles appear to have three offensive plays. There's the wheel route pass that tends to work for eight yards a pop, and explains why the three running backs have more combined receptions than every receiver on the team, save Jordan Matthews.

There's the handoff out of the shotgun, which generally coincides with a defender or two being in the backfield. The Eagles' running game was much better Sunday, in that it averaged a lusty 3.2 yards per attempt. Give Ryan Mathews credit for bulling for 108 yards without many holes.

And third, there's the play where Bradford fades back and immediately dumps the ball to the closest check-down receiver. Sometimes, he even hits the guy on the hands.

Who knew what we'd get from Bradford this season? I was a Nick Foles fan, but conceded Chip Kelly deserved the QB he wanted (if, indeed, it was Bradford over Marcus Mariota). That brief tease we got in the preseason moved me toward believing the former top overall pick might resuscitate his career here.

About Sam Bradford...

"There are some throws Sam [Bradford] probably wants back but there are some drops too that could have really extended some drives for us. We are pleased with Sam right now."

Chip Kelly on Eagles quarterback Sam Bradford in Monday's news conference

Nothing in the first three games merits confidence. Bradford threw for 118 yards on 28 passes Sunday — 4.1 yards per attempt. To be fair, the Jets have a great secondary, and two of his few long passes were dropped.

But, to be honest, Bradford appears to have no ability to move the ball vertically, no explosion in his arm, no presence or confidence to step into throws. More often, he seems content dumping the ball for a five-yard gain when down and distance warrant something more.

It's worrisome, because if Bradford isn't the answer, the Eagles will be back on the quarterback carousel they've been riding since Donovan McNabb left after 2009. Nothing is tougher to find, or more important, than a franchise quarterback.

In the short term, let's hope that Check-down Sam finds whatever it is we saw in those few minutes of preseason magic. While you're at it, hope that his line solidifies (it played better Sunday), the receivers hold the ball and that Nelson Agholor fellow they spent a first-round pick on decides to actually show up.

Because they can still win the division. Yesterday's game took me back to 2003, when the Eagles christened the Linc, and fell to an 0-2 start. McNabb, rumored to be playing through a hand injury, was actually worse than Bradford through the first few games.

They were 2-3 in October, when Brian Westbrook saved the season with an 84-yard punt return to beat the Giants — not unlike Darren Sproles' 89-yard dash to the house Sunday. From there, they caught their stride, winning nine in a row and making it to the NFC Championship game.

So we've been here before. Seasons turn. Teams find themselves. And the Eagles can still win the division. Even at 9-7, that would be a thrill.

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